Abstract

The aim of the present study was to describe the clinical-nutritional evolution of older women submitted to Roux-en-Y gastric bypass surgery. A concurrent, retrospective study was conducted involving a sample of 16 older women with morbid obesity submitted to Roux-en-Y gastric bypass surgery between 1997 and 2010. Weight, body mass index (BMI), percentage of weight loss (%WL) and percentage of excess weight loss (%EWL) were evaluated three, six and 12 months after surgery. Preoperative comorbidities, postoperative clinical-nutritional manifestations and peri-operative mortality were also investigated. Mean age was 62.02 ± 2.02 years. A progressive reduction was found in mean body weight (116.04 ± 22.99 to 80.96 ± 21.43 Kg) and BMI (47.13 ± 8.19 to 33.42 ± 9.31 Kg/m²), with a consequent %WL of 28.60 ± 8.59% and %EWL of 64.79 ± 3.99% throughout the one-year follow-up period (p < 0.05). All patients had diseases associated with obesity, the most frequent of which were arterial hypertension (n = 16), arthropathy (n = 11), dyslipidemia (n = 9) and diabetes (n = 7). The following clinical-nutritional symptoms were reported: alopecia (n = 9), nausea/vomiting (n = 7), constipation (n = 5) and food intolerance (n = 4). One patient was diagnosed with malnutrition one year after surgery. No deaths occurred within 30 days after surgery. At the one-year evaluation, surgical success was evidenced by the significant reductions in mean weight and BMI and the more than 50% loss of excess weight. (Nutr Hosp. 2015;31:1330-1335) DOI:10.3305/nh.2015.31.3.8112

Keywords